

# **FY 2020 - 2022 Community Health Implementation Strategy**

**Central Texas Rehabilitation Hospital**

Prepared by Ascension Texas in collaboration with Central Texas Rehabilitation Hospital. Formally adopted by the Central Texas Rehabilitation Hospital Board of Directors on November 7, 2019.

## Central Texas Rehabilitation Hospital Implementation Strategy

### Implementation Strategy Narrative

#### Overview

Ascension Texas, formerly known as Seton Healthcare Family, a 501(c)(3) nonprofit organization, and an affiliate of Ascension Seton and Ascension Health, is a minority owner of Central Texas Rehabilitation Hospital. These organizations collaborated to prepare this joint Implementation Strategy. For the purpose of this Implementation Strategy, “Ascension Texas” refers to both Ascension Texas and Ascension Seton. Ascension Texas has a long-standing history of serving Central Texas, not only as a health care provider, but as a leader and advocate for improving the health of the population as a whole.

#### *Ascension’s Mission*

*Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually-centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.*

Ascension Texas extends its mission to provide the best care possible by partnering with Central Texas Rehabilitation Hospital to help deliver outstanding healthcare in the communities we serve. Central Texas Rehabilitation Hospital specializes in physical medicine and rehabilitation, developing individualized treatment plans for each patient and their family to maximize recovery and return to home. Central Texas Rehabilitation Hospital is a Joint Commission Accredited hospital. In addition, the spinal cord rehabilitation program has earned Disease-Specific Care Certification from The Joint Commission.

#### 2019 Community Health Needs Assessment

In December 2017, Austin/Travis County published the Community Health Assessment report (CHA) “Together we Thrive.” Ascension Texas was an official partner for the development of the CHA, along with the Austin Transportation Department, the Capital Metropolitan Transit Authority, Central Health, Integral Care, St. David’s Foundation, Travis County Health and Human Services, The University of Texas at Austin Dell Medical School and The University of Texas Health Science Center at Houston School of Public Health in Austin.

Because Ascension Texas associates actively participated in the creation of the Austin/Travis County CHA, the Internal Revenue Service (IRS) allows health care entities to work collaboratively, and the CHA meets the federal legal requirements set forth for the Community Health Needs Assessments (CHNA), Ascension Texas opted to adopt the Travis County CHA report, as incorporated herein, as the official [2019 Travis County CHNA](#).

Given the gap in time between the 2017 Austin/Travis County CHA and the requirements for the 2019 CHNA, Ascension Texas determined that it would be valuable to solicit supplemental feedback from Travis County stakeholders and community members in 2018.

Findings from the focus group and community conversations carried out in 2018 are consistent with the top three health concerns identified by the CHA process, which identified the following:

- Access to Healthcare (includes affordability and physical access to care)
- Mental Health (includes access to providers, and treatment for conditions like depression)
- Diabetes and other Chronic Diseases

## **Community Health Implementation Strategy**

Ascension Texas has developed 17 Community Health Implementation Strategies, one for each of its hospitals and joint venture facilities. Each plan identifies the action the hospital, with the support of the Ascension Texas network, plans to take to address the prioritized needs identified in the CHNA of its region.

The various actions included in the Implementation Strategy are not intended to be exhaustive or inclusive of every single Ascension Texas strategy, initiative or program. Instead, the plan highlights the most significant actions that each hospital has undertaken to address the health needs prioritized in the CHNA, including those strategies that are expected to make the most significant impact on the delivery of health care in the region for the poor and vulnerable.

## **Needs That Will Be Addressed**

This Implementation Strategy will address access and affordability of healthcare and chronic disease.

## **Needs That Will Not Be Addressed**

This Implementation Strategy will not address mental health. Ascension Texas partners will be addressing mental health in their Implementation Strategies by creating a behavioral health consortium to identify specific needs of each hospital and implementing best practices. At this time Central Texas Rehabilitation Hospital will not participate in the consortium, however they may be able to adopt some best practices from this strategy in the future.

## **Summary of Implementation Strategy List each prioritized need**

### **Need: Access to and Affordability of Healthcare**

**Strategy:** Provide facility space for professional organization meetings to support workforce development for rehabilitation services.

- Central Texas Rehabilitation Hospital provides space for professional organization meetings and continuing education opportunities.
- This strategy addresses workforce development for health professionals, for which there is a need in Texas.

### **Resources & Collaboration:**

- Central Texas Rehabilitation Hospital donates the use of meeting rooms for professional association meetings.
- Central Texas Rehabilitation Hospital works with Capital Area Parkinson's Society and other professional groups to provide facilities and equipment for educational opportunities and professional gatherings.

### **Anticipated Impact:**

- Central Texas Rehabilitation Hospital will host 8 professional association meetings annually.

**Need: Chronic Disease**

**Strategy:** Provide stroke prevention and education programs.

- Central Texas Rehabilitation Hospital offers a free monthly stroke support group for stroke survivors as well as their families and caregivers.
- Central Texas Rehabilitation Hospital will continue to expand medical staff in specialties such as neurology and neurosurgery who can be available for consults and treatment for patients at Central Texas Rehabilitation Hospital.

**Resources & Collaboration:**

- Central Texas Rehabilitation Hospital will provide the space, staff, and educational materials for the support group.
- Central Texas Rehabilitation Hospital collaborates with Ascension Seton program initiatives on this strategy.
- Central Texas Rehabilitation Hospital promotes this support group through Texas Health and Human Services' online listings of Brain Injury Support Groups.

**Anticipated Impact:**

- Engage 5 people in the stroke support group monthly to improve their quality of life after a stroke.

## Prioritized Need #1: Access to and Affordability of Healthcare

**GOAL:** Increase access to care through workforce development in the community

### Action Plan

<p><b>BACKGROUND INFORMATION:</b></p> <ul style="list-style-type: none"> <li>Central Texas Rehabilitation Hospital provides space for professional organization meetings and continuing education opportunities.</li> <li>This strategy addresses workforce development for health professionals, for which there is a need in Texas.</li> </ul>
<p><b>RESOURCES:</b></p> <ul style="list-style-type: none"> <li>Central Texas Rehabilitation Hospital donates the use of meeting rooms for professional association meetings.</li> </ul>
<p><b>COLLABORATION:</b></p> <ul style="list-style-type: none"> <li>Central Texas Rehabilitation Hospital works with Capital Area Parkinson’s Society and other professional groups to provide facilities and equipment for educational opportunities and professional gatherings.</li> </ul>
<p><b>ACTIONS:</b></p> <ol style="list-style-type: none"> <li>Central Texas Rehabilitation Hospital will continue to work with professional organizations to schedule meeting room space.</li> </ol>
<p><b>ANTICIPATED IMPACT:</b></p> <ol style="list-style-type: none"> <li>Central Texas Rehabilitation Hospital will host 8 professional association meetings annually.</li> </ol>

### Alignment with Local, State & National Priorities

I	Austin/Travis County 2018 Community Health Improvement Plan Goal 1: Every Travis County resident has access to culturally sensitive, affordable, equitable, and comprehensive healthcare.	Department of State Health Services Strategic Plan: Goal 1: Improve health through prevention and population-health strategies.	Healthy People 2020 AHS-6 Reduce the of proportion of persons who are unable to obtain or delay in obtaining necessary medical care.

## Prioritized Need #2: Chronic Disease

**GOAL:** Improve the quality of life of individuals with a history of stroke

### Action Plan

<p><b>BACKGROUND INFORMATION:</b></p> <ul style="list-style-type: none"> <li>Central Texas Rehabilitation Hospital offers a free monthly stroke support group for stroke survivors as well as their families and caregivers.</li> <li>Central Texas Rehabilitation Hospital will continue to expand medical staff in specialties such as neurology and neurosurgery who can be available for consults and treatment for patients at Central Texas Rehabilitation Hospital.</li> </ul>
<p><b>RESOURCES:</b></p> <ul style="list-style-type: none"> <li>Central Texas Rehabilitation Hospital will provide the space, staff, and educational materials for the support group.</li> </ul>
<p><b>COLLABORATION:</b></p> <ul style="list-style-type: none"> <li>Central Texas Rehabilitation Hospital collaborates with Ascension Seton program initiatives on this strategy.</li> <li>Central Texas Rehabilitation Hospital promotes this support group through Texas Health and Human Services' online listings of Brain Injury Support Groups.</li> </ul>
<p><b>ACTIONS:</b></p> <ol style="list-style-type: none"> <li>Plan activities and produce educational materials for stroke support group.</li> <li>Host monthly stroke support group.</li> </ol>
<p><b>ANTICIPATED IMPACT:</b></p> <ol style="list-style-type: none"> <li>Engage 5 people in the stroke support group monthly to improve their quality of life after a stroke.</li> </ol>

### Alignment with Local, State & National Priorities

<table border="0"> <tr> <td style="vertical-align: top;">I</td> <td style="vertical-align: top;">Austin/Travis County 2018 Community Health Improvement Plan Goal 1: Every Travis County resident has access to culturally sensitive, affordable, equitable, and comprehensive healthcare.</td> <td style="vertical-align: top;">Department of State Health Services Strategic Plan: Goal 1: Improve health through prevention and population-health strategies.</td> <td style="vertical-align: top;">Healthy People 2020 HRQOL/WB-1 Increase the proportion of adults who self-report good or better health.</td> </tr> </table>	I	Austin/Travis County 2018 Community Health Improvement Plan Goal 1: Every Travis County resident has access to culturally sensitive, affordable, equitable, and comprehensive healthcare.	Department of State Health Services Strategic Plan: Goal 1: Improve health through prevention and population-health strategies.	Healthy People 2020 HRQOL/WB-1 Increase the proportion of adults who self-report good or better health.
I	Austin/Travis County 2018 Community Health Improvement Plan Goal 1: Every Travis County resident has access to culturally sensitive, affordable, equitable, and comprehensive healthcare.	Department of State Health Services Strategic Plan: Goal 1: Improve health through prevention and population-health strategies.	Healthy People 2020 HRQOL/WB-1 Increase the proportion of adults who self-report good or better health.	